



## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your philosophy for living a successful life?



"The know may not last forever, but the wisdom do not live at all."

**Monetta Ball,**  
first year  
prehealthcare

"I try and complete my life and focus on one thing at a time."

**Brian Kohn,**  
second year  
accounting



"Be positive, no matter what."

**Brian Kohn,**  
first year  
health services  
student

"Don't bow down to your own — do what you think is right."

**Paul Kelly,**  
second year  
public relations



"You may not need an angel as you think to be happy."

**Brian Kohn,**  
first year  
accounting

"Passion and effort are fundamental to ongoing success."

**David Lohm,**  
first year  
accounting



Steve Conestoga, you couldn't do that, right?

### FILBERT CARTOONS



By G. A. Bardo



For more cartoons and art go to [www.ccc.edu/filbertcartoons](http://www.ccc.edu/filbertcartoons)



## Vegans have few choices

BY BARBARA GALLAGHER

When you think of what to have for lunch, you're probably trying to decide if you want a juicy burger or pork chop, a fish and chips sandwich. But not everyone evaluates these types of meals into their diet.

For the past few years, more people have switched over to being vegetarians or vegans. Even big name celebrities and professional athletes are promoting vegetarianism such as Venus Williams, Mike Tyson, Alan Cumming, Scarlett Johansson and Gerard L. Jackson. Just to name a few.

What is the difference between vegetarians and vegans? Vegetarians though they do not eat meat will eat dairy into their diet. Vegans however do not eat any animal byproducts.

A common question people who are vegans are asked is "Where do you get your protein from?" Any professional athlete who is vegan will tell you he gets his protein from pretty much anything. They products like tofu and tempeh are packed with protein as well as protein like quinoa, brown rice and lentils and different kinds of nuts.

All these things are high in calories and vitamins too.

But one issue like this have arisen in the cafeteria at Conestoga College for the students who have different dietary needs? Are they providing an equal amount of nutrition for everyone? Many students have the option of walking into the cafeteria and being able to grab a few larger portions and salad. But even these meals are not very friendly on many of the budgets include meal products like milk or honey. Surprisingly even a bag of chips may include dairy products.

The student body was asked for their opinions as well as what they thought the cafeteria should offer.

Wyle MacDonald a first year student in fitness and health promotion and his classmates definitely have an advantage over vegans when it comes to food in the cafeteria. "There are things being offered like a vegetarian salad, but vegans can't have that. He added it is difficult a lot harder for vegans to find food but the cafeteria should find a way to offer them some, since they are in the majority."

Another student, and she actually loved both diets.

"I loved being vegetarian for a couple months and vegans for a few days," said Melissa Dixon, a first year teacher of business administration student. "It was hard to even find food that was made without eggs or cheese or having a simple macaroni salad that didn't have cheese in it. There should be about three options to choose from."

When asked if the cafeteria should offer different food for students who had different preferences, most vegans options and maybe different salad. But she said have more options.

As the vegetarians and vegan populations grow so are restaurants and there means many are eating when they get to the cafeteria or their own home that you don't depend on the cafeteria food. Some have even started a blog called the "Veggiepreneur" is one that rates the top local restaurants who are vegans sites.

For local vegan restaurant options in Waterloo Region, visit [www.happysmileandvegan.com/vegetarian-restaurant-directory\\_waterloo/](http://www.happysmileandvegan.com/vegetarian-restaurant-directory_waterloo/)

### PRICE OF TEXTBOOKS SKY HIGH



PHOTO BY TAYLOR SCHMIDTKE

After looking at hundreds of civil engineering technology textbooks at the Conestoga College bookstore on Sept. 28, the student shops on the cost of books, go to [www.conestoga.ca](http://www.conestoga.ca)

# Students vent about lack of parking

BY KARA BUELL

Parking at Gonzaga College is a big headache for the students and they aren't happy about it.

The parking lots have become more of a battlefield than anything else. Students apparently driving around in hopes of finding a spot have become a problem.

"I usually have an hour wait then my class starts because I was just that I was at a parking spot," said Justin Bowers, a second-year computer design student. "It usually takes me a half-hour to find one."

However, one student said it actually does everything about it. There are limited spaces, which means that students aren't guaranteed a spot.

That being said, students are always leaving the parking lot with just a number of hours and have just your waiting skills are.

"I usually just wait until I see someone and then I follow them to their car," said Bowers. "You just have to be quick so no one else follows

them as well."

Another student said she always a student trying to find a parking spot. "I've been late to almost all of my classes since I park so far away and Alexander Lohman-Bowers, a first-year nursing student. "There's never any parking spots unless I'm on time earlier than my classes are."

In the winter snow hinders some some of the parking spots, which makes finding one even more of a challenge.

The always harder in the winter, said Justin Bowers, a second-year police trainee student. "Snow hinders plus the big sections that's blocked off because of construction on the blue lot makes it really impossible. As an inconvenience leaving my house 30 minutes early just to park here I get a spot."

Bowers said, "It's not just that it usually takes less than 30 minutes to find a spot. The really frustrating I almost always end up late in the end."

Due to the construction on

the lot center a section in the blue lot is blocked off for safety reasons.

"It's common so that we pay later when a quarter of the parking lot isn't accessible because of construction," said Bowers. "It makes sense to reduce the price so I don't know why they wait."

For some students finding a spot to park isn't the only issue.

The blue lot is too congested with only two exits and three entrances a second-year public relations student. "The school needs to make more exits."

With Jacobs, a second-year police design student, said the biggest problem he faces is trying to leave the blue parking lot. "Between 4 and 4:30 p.m. it can take upwards of 45 minutes to leave. As a second-year who said at Gonzaga said I've never seen an issue as bad as this."

Jacobs said he would like to see Gonzaga improve the parking experience for students.



PHOTO BY KARA BUELL

Students arriving after 8 a.m. often have to drive around to find a parking spot, says a lot.

"Gonzaga should invest in some traffic lights in the front of a entrance. It would help solve a great deal of the after-school parking issues," he said. "Providing a few security guards that in the parking lot after hours to help direct traffic would also help cut down on the wait time it takes to leave

the school parking lot every day."

Bowers said, "I think that the school needs to make more parking lots. It would benefit the students more. We are already paying a pretty penny for tuition and parking might as well help out by making more spots available."

## ONE card finally a reality

BY AMBLY MOORE

Here then the new school year at Gonzaga College is underway. Students are having their first experiences with the much anticipated ONE card.

Throughout the first months of the 2014-2015 school year and the subsequent run, our both students and faculty received multiple emails informing them of the coming changes in college identification. Since Gonzaga combined both important information as well as instructions to update a handbook to be used as their new form of identification.

This card is designed and based from previous student cards, not just an appearance but on functionality. The card will eventually give students access to Gonzaga's database for a Health Services, a Transportation and Access to the Library, the Library Resource Center (LRC) and parking around campus as well as discounts with off-campus vendors.

"We're excited about it, hard with ONE to make sure that in a situation that is great for the students and to add benefits to their daily lives," said Adam Huxwell, a manager - retail campus and technology services.

The idea behind the ONE card is to connect many of the



PHOTO BY AMBLY MOORE

Adam Huxwell, a manager - retail campus and technology services, and Andrew Stevenson, strategy/collected help to launch the card.

technologies around campus to a single card. According to Huxwell, at future this should include things beyond the LRC such as the Wilson Center, wrestling machines and potentially bus passes.

The addition of a bus pass to a student's card is something that would have to come through ONE through according to Huxwell. "One of the main reasons for this is because it is a potential that has happened in other areas."

Students at Gonzaga College who want to use their school card as a bus pass do not have the library. Each student must pay over \$100 per year to receive a student card in their name to allow them to ride a ONE bus without paying.

Receiving a ONE card is fairly a way and once received, students may upload their own photo through their student portal or hand into the

ONE card office located in Room 2008 to have their photo taken. Their student card will be issued right in front of them. For some students who have completed the entry process it took only five minutes. Students must bring a form of personal identification and proof of valid mail.

These students who uploaded their photos in time to pick up the new card in their name were entered into a draw to win one of five \$100 cash prizes.

"The process was to encourage the photo upload so we could prepare the cards," said Andrew Stevenson, manager of the ONE card. "We left the card ready to go to pick up the new card in their name and make it faster. We left this card to surprise so the lines were short and fast."

For more information about the ONE card go to [www.gonzaga.edu/onecard](http://www.gonzaga.edu/onecard).

## REMEMBERING COLIN DICASTRI



PHOTO BY GONZAGA

Colin DiCastri, 21, a past fine arts member and one of the best of friends and acquaintances. Each night the students in the school's thoughtfulness, given a day on Sept. 15. Although he is shown enjoying one of his favorite pastimes - fishing in the Florida Keys. He will be a day go to [www.gonzaga.edu/colin](http://www.gonzaga.edu/colin).

# UberX, taxis battle

BY ERIN BEANE

## Life on the line

We are constantly told that as children when we are unhappy with a situation, and to a large degree it is true. However, what we are also taught as children is how to problem solve.

Our local taxi drivers and new UberX drivers need to do some problem solving.

On the UberX website, it states that to become a driver, the only necessary requirements are to be at least 21 years old, own a personal license as well as auto insurance and to own any vehicles. In full-sized four door vehicles are "preferred" vehicles.

The requirements for a taxi driver are much more extensive. According to Waterloo Region's website, a police check and driving record check must be carried out, proof of English literacy given and taxi drivers must obtain a valid working from the existing company. Afterward they undergo training and customers are then taken home routinely.

Taxi drivers in Ontario are therefore exempted from some of the unfair conditions UberX has been operating in. This summer, however, citizens in Toronto filed a lawsuit against UberX, claiming these prohibited from operating in the province and stating they have "no right to an economic marketplace for day-to-day transportation."

Recently Waterloo Region taxi drivers purchased and placed "Your Legal Tax" signs on their vehicles as an attempt to discourage passengers from using UberX.

The ongoing strike between these transportation drivers isn't going to be solved simply by making things fair. Cities could force UberX drivers to abide by the same application process as taxi drivers. While this would be reasonable, UberX would still run tax-free businesses into the ground. Why? They're simply meant to use and make more money.

The UberX app alone seems to book, track and pay for a ride with their transportation in seconds.

To make work and transportation better.

However, we do think these new drivers should have to prove they are truly knowledgeable, fully qualified drivers. It is not always clear the requirements to be an UberX driver are minimal at all.

In fact, taxi companies really need to rethink their services if they want to keep up.

The street hawks represent the position of the taxpayer, not necessarily the market.



This city isn't big enough for both of us

## Critical thinking in a critical time

There's a worrying trend developing in the world today. In the platforms of social media, it appears growing and growing until it's just accepted as a part of life. It causes people to make poor decisions, to limit themselves in ways that may be harmful to their mental health and to make poor decisions that impact the people around them. Online arguments have sprung up to combat these trends.

I am of course talking about social media and particularly opinions which are posted on it at first. These ideas are often created based off of misapprehension or fabricated online ideas. They affect the lives of many that we meet every day. They have become a cultural norm.

Recently, I came upon one such message being passed around Facebook warning of a \$100 bill stuck in the handle of their cars. The bill in the message claims we cannot walk a dog that causes people who touch them to fall unconscious when they sit at the steering



Leah Van Oort  
Opinions

of the car who planted the bill.

A simple fact checkers prove that this is a myth. The same thing happens on Facebook when people have sprung up to a list not to contact these numbers.

At first this seems harmless and in a way it is. However, some rumors or non-factual news have its consequences. We in a Facebook post about \$100 bills in handles a Facebook post about the supposed connection between numbers and autism could lead to outbreaks of disease and even deaths.

We should be a part from any truth to it, all you have to do is weigh the probabilities in your head.

How likely is it that a \$100 bill in the handle of your car is dangerous? How is it any 50 per cent. Then compare it to

how many times you're been hit \$100 bills in the handle of your car. On average, students use thousands of cars a month. It takes many weeks to hit money on the handle as many per cent of cars have been targeted.

Then you compare the numbers — 50 per cent multiplied by one per cent to make us with one per cent.

If you have 10 cars in a month, under the realistic of the last 1300 it becomes 10 per cent.

The most common are not important, only watch so they are fast as social media is most a harmful. While this is not an all-or-none rule, still being you don't have much to worry about.

This is a simplified version of what is known as the Myers are carried, a way of interpreting evidence rationally. It is not a perfect method and being imperfect people it will never be applied perfectly but it can help people to weigh risks more, able to sort through confusion as a way of thinking.

## Letters are welcome

Opinion columns letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be posted if we can contact the author. We do not publish letters unless the publisher. Letters should be no longer

than 500 words. Opinions are the right to edit anything in publication. Address correspondence to: The Editor, Spoke, 244 Dean Valley Dr., Box 1123, Kitchener, Ont., N2G 2G6.



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## COUNSELLING SERVICES HERE FOR YOU



PHOTO BY BRIAN LEBLANC

Students can suffer from loneliness, depression and other troubles during the school year. However, Conestoga's counselling department offers numerous programs and services that can help. For more advice, go to [www.spokenonline.com](http://www.spokenonline.com).

## CSI FEST ATTRACTS STUDENTS



PHOTO BY MICHELLE LEBLANC

Conestoga students attended CSI Fest in the lower student at Conestoga College Sept. 15. For more details go to [www.spokenonline.com](http://www.spokenonline.com).

## GETTING DOWN TO WORK



PHOTO BY BRIAN LEBLANC

Students get right back at it, studying and doing assignments after their return to classes. Above, two students enjoy the quiet time at the library at the Owen campus.

## SECURITY SERVICES HELPS YOU STAY SAFE



PHOTO BY BRIAN LEBLANC

Conestoga security guard, Brian, who couldn't give his real name due to Security Services, put by a screen inside the emergency response station at Conestoga College's Owen campus on Sept. 15. For more details go to [www.spokenonline.com](http://www.spokenonline.com).



# Music Is My Weapon

## Event raises money for low-income youth

### BY LARRY KATZMAN

It was a warm Friday night in downtown Baltimore, and a battle was being fought. But these soldiers used a weapon that might just be more powerful than any gun could ever be.

That weapon was music. The community-based organization *Music Is My Weapon* held its first annual supported concert series at the Maryland Theater in Fitchburg. It provides access to music programs for low-income youth and the next, short featured performances from a number of different artists, including three local youth who took part in the *Music Is My Weapon* mentorship program.

This program held at Johns Hopkins gave these youth the chance to develop skills in a variety of areas, including song writing. These youth performers had the chance to make professional original songs there, but weren't at the concert.

Ron Rags, 21, was one of the performers and he was happy with the way they performed.

"As a performer, you always go to these things nervous, but not that nervous," he said. "But that's totally good."

Trevon Hopkins, 16, played alongside Rags during the concert, and he proved the event for raising awareness.



ROCKERS AT THE CONCERT

Young artists, Ronald Rags and Trevon Hopkins, perform at the first annual *Music Is My Weapon* supported concert, downtown Baltimore on Sept. 19.

"When there's an event like this, there's a lot of music being made," Hopkins said. "And that's what is really important, at this point in the game."

Along with the youth musicians, one of the more impressive performers was gospel-singing soulstar Jazmine Robinson, who earned the title of the crowd early on with her show. She cycled through a variety of different styles throughout her set in one point, even playing reggae.

The third performance came from Rags. John, who was named after his stage name, simply "Rags."

His performance also earned the crowd's attention, but his contributions went far beyond just the stage.

In fact, *Music Is My Weapon* was founded by John, a child and youth worker by day and an R&B singer-songwriter by night. A few years ago, he was trying to think of a way to combine these interests and help youth. He started a music program where kids came in, wrote songs, and

then were given the chance to turn those songs into professional recordings. After a couple of years doing this, he founded *Music Is My Weapon*.

The name had a personal meaning for John as well. He found that music was the weapon he was able to use on his own and he wanted to be able to do the same for other people. More specifically, he wanted to give a voice to the youth and to put them under the spotlight at *Music Is My Weapon*. "I want to show the people where their money is going and how that is impacting the youth," he said. "Hopefully that will resonate with them a lot more than I do, but I have no idea where my money went."

Many people took time to go outside to John for his work in the community.

During the final stages of her performance, Robinson made an effort to describe how thankful she was to be able to be a part of something like *Music Is My Weapon*. As her band continued to play behind her, she acknowledged Rags and other local stars.

Rags also took time to thank John, particularly for the mentoring he received from him.

"It's good to know that someone believes in the talent of the youth, and Rags," as we really appreciate him for that."

After the concert, Hopkins kept it short and sweet.

"That's all," he said with a wide grin.



John and Rags. John shows off a CD he made after the first show of the event.



Current age student Wesley Rader has the event's commemorative CD on display.



## Terry Fox Run another success

1000 1000 1000

Boyles' exhibitors, exhibitors and but were just some of the firms in attendance at the year's sixth annual Terry Fox Run on Sept. 30 at Michener. There were approximately 150 participants and the run raised about \$74,000 for cancer research according to Marjorie Dutton, the marketing manager for Sportsworld and the lead organizer of the Marjorie Dutton.

Participants of the concert are in a parking lot at the corner of King Street and Riverside Drive on the main entry crossing the street. Knight will, together, and opening ceremonies. Dickson speaks about Larry P. and his influence before handing the mike off to Coop. Krali, a cancer survivor and co-participant, Krali was diagnosed with liver cancer in 2011. After surgery which kept her from returning to the stage for a year, Krali has been cancer-free for a year. According to him, his optimism and willpower are what got him through the ordeal of

"The doctor said 'helpful' by you got out of this world with a name," Kotl said at his speech. "But I don't think that's good enough because I've worked harder for 30 years. I told her, 'Without a prize [I] feel badly,' because I'm looking at me and

didn't say nothing. When the year Ebel was getting his braces again and despite the limp he walks with now he was used to walk that kind of way at the court.

After Ariel Fishman-Meyer  
Betsy Vukobratovic addressed  
the crowd.

"Terry Fox came through the community as my class is past and whenever. We were talking about mythology and heroes in English class at the time and my hero project was actually about Terry Fox."

After the speeches there was a group workshop and the two key-note Polish officers helped the living presence of participants score busy King Street while Dean FM, which was an arena Kennedy played that Terry Fox by Roy Keweenaw. Most words like the corporate good duty officers, but because it was the 30th anniversary of the Canada wide event, the police volunteered their time, so the money they would have been paid could go toward cancer research.

The state began at the corner of King Street and Pioneer Tower Road and continued down to the beginning of the Grand River Trail and back for a total of five kilometers. The make or break moment was at the steeply banked Waterloo Paramo Memorial Tower. It was at this 2.4-kilometer mark and though it was easy to run down it was a task to get back up. The very last, though, though, not

[illegible]

averages point to a significant, but not statistically significant, increase in the number of people who are not in the labor force.

At the end of the run, participants were met with cheerleaders, congratulatory remarks and refreshments showing they had completed the challenge. Many teams showed up after several months, with some

One was Team Man In The Hat, which was aptly named as Stephen Mulhavy, a member of the team said. "Because we wear cowboy hats."

That for Fun consisted of seven members of the Military and Organizational Council as well as students.



**Table 1**

The national field on Sept. 20 (offering of Sports Illustrated) is approximately 250 participants needed about \$1.4-400. For video classes, go to [www.sportsillustrated.com](http://www.sportsillustrated.com).



From left to right: Stephen McGarry, Amy McElroy, Margaret Thorneycroft, Michael Gargano, John McElroy, and Mike Thorneycroft

# LEARNING COMMONS



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# Orthotics help relieve aches and pains

BY NIKKI BALABON/STAFF

The bubble and bubble of relief can lead to some tough snafus on the body. Sometimes, get around snafus making every step count as they race to their car or group meet, nap or spend a lot of time on their feet as they wait on the "bus" line. This busy pace of your own feet in the drive and finally not have any on their well being, which evokes their feet. Injuries to the foot can damage important muscles and tendons over time. The solution is custom orthotics. They aren't just for seniors, and they don't have to be stuck in a bulky, uncomfortable shoe.

A custom orthotic is a device that is designed from your foot shape. It's inserted into your shoe to cushion your foot to help prevent wear from over-stress. This helps relieve common aches and pains around not only in the foot but the whole area: hip and lower back. Orthotics can be made for various foot types and sizes — from infant to adult to even baby shoes. Custom made orthotics are made from a broad selection of materials. This helps with unique needs such as an individual needing his orthotic to be waterproof for water sports, or for someone needing extra support to feel better.

Nikki Craswell, a Guelph, Ont. instructor and student along with her wife Jane Craswell,

operates an orthotic business called Feet by Feet in Millbrook. With an account of 100,000, Craswell is a Canadian certified podiatrist, deals with the patients. Every patient is assessed, then Jane decides where the issue is.

Sometimes they just have cramps. Sometimes Jane said, "The whole is only as good as the shoe it's in. It's the whole package."

For individuals who are stressed with alignment issues or are experiencing unbearable pain, Jane began the process of making the 3D model of the orthotic. A patient will place their foot in a foam box which takes a blueprint of the foot. Each custom orthotic is unique, made specifically for that patient's personal needs as well as shoe size. The average lifetime for a custom orthotic is three to four years.

Nikki Craswell, a first year student in the business management and technology program at Guelph's university, says she is grateful to the clients who deal with foot issues.

"If you're suffering from foot pain, it can definitely be a help. I know it takes a lot of parts of your body as well."

There are a few common aches and pains people deal with. The most common issue which can be addressed by orthotics is plantar fasciitis, a injury from the foot pain developed from



Photo by Nikki Balabon/STAFF

Jane Craswell demonstrates a foot that makes a mould of it to design a custom orthotic.

inflammation of the tissue that runs on the bottom of the foot. The pain is most intense with the first steps of the day. Metatarsalgia is a injury used for pain located in the ball of the foot. It can be a ball of the foot, such as a diabetologist, but it can give you the same state of stepping in a bubble on your feet. Craswell can also help with bunions, shin splints and cellulitis, as well as pain related to health conditions

like arthritis or diabetes.

Jane is aware that most of her customers are dealing with issues already and want purchasing specifically for personal well-being.

"In the end, you only need to be checked if you had a surgery," Jane said. "But now people are becoming more aware of health care and how to look after themselves."

Feet by Feet has several clients including in Windsor, Guelph, and Guelph.

There is also a new Windsor clinic located at 894 Belmont Ave. For more information on their business go to their website.

Nikki Craswell is a 1999 graduate, credits Guelph's College for her life success and opportunities.

"I had always wanted to come back to the field I worked at Guelph as a student. Now I'm a student and I'm proud of my work and I to open my own business."

## LIBRARY OPEN DESPITE RENOVATIONS



Photo by Nikki Balabon/STAFF

First-year students engineering technology student, Nicholas (Liam) studies in the computer library. For a wider view on the library renovation, go to [www.spokeonline.com](http://www.spokeonline.com).

## Alzheimer's disease... it's more than you think

Memory loss is not the only sign. Learn the other nine.



[www.alzheimer.ca/testyourknowledge](http://www.alzheimer.ca/testyourknowledge)

Alzheimer Society



# **HOROSCOPE**

Week of Sept. 27, 2005



**Aries**  
March 21 -  
April 19

You will meet a like mind this week. Entrance fees will allow you to get and don't let go.



**Libra**  
September 18 -  
October 18

Introduce or join a group and use your skills and ideas to make a difference. You will be rewarded for your efforts.



**Taurus**  
April 20 -  
May 20

Hold your tongue on an important matter dominating the week. Listen to others for a change and see where it leads.



**Scorpio**  
October 23 -  
November 21

Take in all the information you can and get ready for a future undertaking. You will need energy and focus.



**Gemini**  
May 21 -  
June 21

Don't moving on an idea that has been burning in your mind for months. Now is the time to act.



**Sagittarius**  
November 22 -  
December 21

Don't forget about your family. They need to know how you're feeling. Be honest. They will appreciate that. Things become clear.



**Cancer**  
June 22 -  
July 22

Find a special place in your new surroundings to relax and rejuvenate. A time that will mark the difference between success and failure.



**Capricorn**  
December 22 -  
January 19

Friends will come to you with their problems. Share your thoughts instead of trying to solve them. You'll see how well this approach works.



**Leo**  
July 23 -  
August 22

An important opportunity will present itself this week. Go for it. You will find many on a future journey.



**Aquarius**  
January 20 -  
February 18

Get yourself off the earth and stop talking - your picture too long. Take a walk on a local trail and the walking will inspire you to do great things.



**Virgo**  
August 23 -  
September 22

Take a new responsibility out for a matter of seven. A long lasting friendship will develop and become fruitful.



**Pisces**  
February 19 -  
March 20

Believe in yourself and don't let others bring you down. You know where you have been. Follow it to the end of the rainbow.



Go forth and make all these things happen. It is written on the stars.



Oh Giff!

Giff is late for school his very first day!

## **Useless Facts**

Americans are responsible for about one-fifth of the world's garbage incineration.

Designing your head against a wall uses 150 calories an hour.

In Utah it is illegal to drink in front of a hotel porch.

It is estimated that if any one dies around \$7 per cost of the world's population to drink.

If you yawn for eight years, seven months and six days you would have produced enough sound energy to heat one cup of coffee.

## **Sudoku Puzzle**

|   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
|   |   | 6 |  | 8 |   | 2 | 5 |   |
| 4 |   |   |  |   | 6 |   | 7 |   |
| 2 | 7 |   |  | 5 | 4 |   |   | 3 |
|   | 9 | 1 |  |   | 2 |   | 4 | 5 |
|   |   |   |  | 1 |   | 3 |   | 7 |
|   | 2 | 3 |  |   | 5 | 4 |   |   |
|   |   |   |  |   |   | 7 | 5 |   |
|   | 5 | 7 |  | 9 | 3 |   |   | 8 |
| 1 |   | 9 |  | 4 |   |   |   |   |

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## **Word Search**

### **Careers**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |              |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--------------|
| E | O | I | P | R | X | C | V | Y | S | O | C | S | T | D | ACCOUNTANT   |
| L | X | Y | H | E | N | A | I | C | I | T | P | O | J | S | CARPENTER    |
| Y | O | V | A | T | Z | F | O | B | S | F | W | N | K | I | BROADCASTER  |
| F | O | F | R | N | N | L | N | R | S | I | X | A | J | L | BUDGETMAN    |
| R | S | P | M | E | A | P | A | O | E | P | Z | I | L | A | FIREFIGHTER  |
| E | T | M | A | P | I | A | I | A | R | R | O | C | M | R | JOURNALIST   |
| T | N | O | G | R | P | R | R | D | T | O | O | I | P | R | LIBRARIAN    |
| H | A | S | I | A | A | A | A | C | S | P | Y | R | O | U | OFFICIAN     |
| G | T | R | S | C | H | M | R | A | M | E | S | T | L | O | PHARMACIST   |
| I | N | E | T | P | I | E | B | S | A | S | V | C | I | J | PHYSICIAN    |
| F | B | P | D | R | D | I | T | S | R | E | S | T | C | R | POLITICIAN   |
| R | O | S | U | X | E | I | L | S | O | U | L | I | F | O | PROFESSOR    |
| R | G | E | W | F | T | C | J | R | J | R | S | E | G | S | PROGRAMMER   |
| I | O | L | O | Z | E | U | M | P | A | K | M | W | I | H | SALESPERSON  |
| F | A | A | V | K | V | T | E | L | L | E | R | O | A | G | SEAMSTRESS   |
| O | O | S | O | E | P | H | Y | S | I | C | I | A | N | L | SURVIVOR     |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | TELLER       |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | VETERINARIAN |

ACCOUNTANT  
CARPENTER  
BROADCASTER  
ELECTRICIAN  
FIRECHIEF  
JOURNALIST  
LIBRARIAN  
OPTICIAN  
PARAMEDIC  
PHARMACIST  
PHYSICIAN  
POLITICIAN  
PROFESSOR  
PROGRAMMER  
SALES SPERSON  
SEAMSTRESS  
SURVEYOR  
TELLER  
VETERINARIAN

## COUNSELLOR'S CORNER:

### Mature Students

Post-secondary education is a journey of exploration: one that stretches comfort zones and embraces diverse ways of thinking and doing. Returning to school after years of being out in the workplace or raising a family can be intimidating, exhilarating, challenging, and sometimes unsettling, and despite a wealth of life experience from work, home, or prior training, adults feel unsure of what is expected of them in the college environment.



Many mature students are apprehensive about returning to school and are concerned about how they will perform academically. Their challenges are different than those of younger students, including but not limited to: balancing parenthood and home life with school, and re-learning and re-developing study and research skills. It can take time to adjust and an important part of that adjustment includes developing competence in learning, a willingness to utilize resources, and openness to learn from peers.

Here are a few observations about mature students that might ease some of the uncertainties about returning to learning:

- ⇒ **KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING.** The truth is, that most adults do very well if not better than they did before, and they actually enjoy it.
- ⇒ **THINK ABOUT WHY YOU ARE RETURNING.** Don't be surprised if you find reasons other than the ones you had anticipated to continue your learning.
- ⇒ **DO WHAT IS RIGHT FOR YOU.** There is no right way to do this. Think about what is important to you and how it will best fit your life circumstances and goals.
- ⇒ **MAKE YOUR WELL BEING A PRIORITY.** Don't compromise on the things that keep you physically, emotionally, and spiritually well. Make sure you build them into your schedule.
- ⇒ **DISCUSS YOUR PLANS.** Think about how others in your life might support you.

*A message from Counselling Services*

# Learning Commons Drop In Schedule

## Fall 2015—September 14th to December 11th, 2015

|       | Writing           | Study Skills      | MATH First Year Courses                       |  |                          |
|-------|-------------------|-------------------|---|--|--------------------------|
|       |                   |                   | Business MATH & ACCT1025/1030/1040/1060/71100 | Health, Community Services & Liberal Studies | Engineering, Trades & IT |
| Mon   |                   |                   | 11:00am to 4:00pm                             | 10:00am to 2:00pm                            | 10:00am to 2:00pm        |
| Tues  | 11:00am to 1:00pm | 11:00am to 1:00pm | 10:00am to 4:00pm                             | 11:00am to 3:00pm                            | 11:00am to 3:00pm        |
| Wed   | 11:00am to 1:00pm | 11:00am to 1:00pm | 9:00am to 3:00pm                              | 10:00am to 3:00pm                            | 10:00am to 3:00pm        |
| Thurs | 11:00am to 1:00pm | 11:00am to 1:00pm | 10:00am to 4:00pm                             | 11:00am to 3:00pm                            | 11:00am to 3:00pm        |
| Fri   |                   |                   | 10:00am to 3:00pm                             | 11:00am to 2:00pm                            | 11:00am to 2:00pm        |

Looking to book an appointment?

Go to [vic.conestogac.on.ca](http://vic.conestogac.on.ca).

## CSI's BBQ Bonanza draws a crowd

Cambridge University's *The Field* magazine, which has been in existence since 1902. Students at the school design projects as well as garden design seminars. At the University of Bath, a student-run society has been set up to promote a more creative and flexible approach to design work and projects. Graduates from night-level National Institute for Further Education's Technology School and Gandy Loughran's design foundation students try out the inflatable atmosphere. Even King's, a traditional arts and sciences school from London. One student who studied an inflatable design was contacted last month. CSI got in touch with Jennifer Baker in Glasgow, Scotland, to incorporate teaching of inflatable structures students and CSI staff in similar, after-school clubs, and where time of students, working to a time when it was longer, was around the year.

PHOTOS BY  
BILLYEEN BENLEY



# Intramural sports a blast

## BY AMAN KHORRAM

What makes intramural sports great?

Cambridge students looking to make new friends and stay on shape all while having fun, one reason lies in playing intramural sports.

Starting today, Conestoga College will offer round robin, round-robin volleyball, squash, flag football, basketball and soccer ball hockey and ice hockey. All intramural sports leagues will be played on the campus of ice hockey will be played on campus. Intramural ice hockey will be hosted at the Future Sportsplex located at 138 Linwood Avenue. Flag football and basketball will begin on Oct. 1.

Intramural sports have always been a staple to the active campus experience. It is a great way to stay on shape and make new friends while staying on shape. Intramural sports are all about having fun. Whether you're looking for a challenge or just want to play with your friends, intramural sports are all about having fun. Whether you're looking for a challenge or just want to play with your friends, intramural sports are all about having fun.

"Making new friends and having a good time, staying on shape. I think if you have a good time, you'll have a good reason to stay on shape. I think if you have a good time, you'll have a good reason to stay on shape."

For those who have a heavy course load and are busy with other things, intramural sports are a great way to stay on shape. With a lot of sports offered, there is a sport for everyone. Students can stay on shape while having fun with their busy schedules.

"It's really great for those of us that have rather busy lives. Good food, it was great to get back to school. And, my program workload and working a part time job on top of everything, having a sport was not an option. With intramural sports, I can still be active and play the sports I love, but on my own time and when I am available."

For many reasons, why people come out to play intramural sports is to stay on shape and play sports in a relaxed environment. These environments were created by Conestoga intramural sports. Conestoga students who play on playing both

designated and full-time students.

"Intramural sports are fun and interesting. You can get fit while playing, you can meet new friends and stay on shape."

Part of the fun that comes with participating in intramural sports is coming up with a team. Some teams are made up of students who are in the same program, while others are made up of students from different programs.

According to Kato, a good team should consist of something that people will remember.

"It should be easy to remember, something that you can remember."

On the other hand, Kato believes that good teams should consist of people who are on the team in some way.

"It's got to be something that incorporates everyone on the team and, you can't make it a competition to something like 'I'm the best' or 'I'm the best'."

Volleyball games will be played on Monday night, squash and basketball games will be held on Tuesday, designated and round robin volleyball games will be held on Wednesday.

# Sportsplex coming to Conestoga

## BY AMAN KHORRAM

Although opening its time soon, the City of Cambridge and Conestoga Sportsplex project is underway.

The \$55 million project is set to break ground sometime in 2011 and the project will be completed and opened around 2013.

The facility will be 150,000 square feet, one of the largest indoor sports facilities in the world. The facility will be built on the Cambridge campus and will have two levels, a swimming pool and a walking track, and will be used for a variety of sports.

"We have a lot of space in the world, and we're going to use it for a variety of sports."

The facility will be built on the Cambridge campus and will have two levels, a swimming pool and a walking track, and will be used for a variety of sports.

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ample opportunities for the students of Conestoga College to have intramural and recreational sports while learning. These however, are still up in the air and are being negotiated between the college and the City of Cambridge.

One opportunity would be to have a facility where students could get involved in a variety of sports. This would be a great way for students to stay on shape and make new friends while staying on shape. Intramural sports are all about having fun.

"We have a lot of space in the world, and we're going to use it for a variety of sports."

The facility will be built on the Cambridge campus and will have two levels, a swimming pool and a walking track, and will be used for a variety of sports.

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City of Cambridge

Largest fair of its kind in the country

# CAREER fair

## Network 4 Success!

# Wednesday, September 30 10am – 3:30pm

## RIM Park, Waterloo

- Network with hundreds of employer representatives
- Learn about career opportunities
- Free transportation to and from the Fair
- Admission is FREE and restricted to degree/diploma students and alumni of the four sponsoring institutions with student/alumni ID

partners4employment.ca

